

Prepared Foods Nutrition Facts



Fresh Salad Station

Dressings	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Asian Peanut Dressing	1.5 oz (43g)	70	3.5	4	1	5	0	0	0	240	10	9	3	0	0	8	7	14	1	0	0	0	2
Balsamic Vinaigrette, Organic	1.5 oz (43g)	230	25	32	3	15	0	0	0	250	11	2	1	0	0	2	0	0	0	0	0	0	0
Blue Cheese Dressing	1.5 oz (43g)	180	18	23	2.5	13	0	15	5	300	13	2	1	0	0	1	1	2	1	0	4	0	0
Buttermilk Ranch Dressing	1.5 oz (43g)	140	14	18	1.5	8	0	15	5	560	24	3	1	0	0	2	2	4	1	0	4	0	0
Caesar Dressing - Regular Salad	2 oz (57g)	280	29	37	4	20	0	25	8	790	34	1	0	0	0	0	0	0	3	0	6	0	0
Caesar Dressing - Small Salad	1 oz (28g)	140	15	19	2	10	0	10	3	400	17	1	0	0	0	0	0	0	1	0	2	0	0
Curry Yogurt Dressing	1.5 oz (43g)	170	18	23	1.5	7	0	0	0	290	13	3	1	0	1	1	0	0	1	0	0	2	2
Greek Dressing	1.5 oz (43g)	160	16	21	2	10	0	0	0	460	20	3	1	1	4	1	1	2	2	0	0	6	2
Lime Vinaigrette	1.5 oz (43g)	170	16	21	2	10	0	0	0	150	7	10	4	0	0	8	8	16	0	0	0	0	0
Tarragon Vinaigrette	1.5 oz (43g)	140	13	17	1.5	7	0	0	0	450	19	5	2	0	0	5	5	10	0	0	0	0	0
Turmeric Ginger Dressing, Pittsford Only	1.5 oz (43g)	110	10	13	1.5	8	0	0	0	100	4	3	1	0	0	2	0	0	2	0	2	0	0
Salads Includes Dressings	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Asian Sesame Salad with Asian Peanut Dressing	1 Each (278g)	390	23	29	4	20	0	0	0	450	20	41	15	7	25	12	7	14	11	0	15	30	15
Asian Sesame Salad with Chicken and Asian Peanut Dressing	1 Each (352g)	500	28	36	5	25	0	50	17	790	34	42	15	7	25	13	7	14	27	0	15	40	20
Bacon and Mushroom Caesar Salad with Caesar Dressing	1 Each (283g)	530	42	54	7	35	0	45	15	1320	57	25	9	4	14	4	1	2	15	15	20	15	10
Bacon and Mushroom Chicken Caesar Salad with Caesar Dressing	1 Each (357g)	630	46	59	8	40	0	90	30	1660	72	26	9	3	11	6	1	2	31	15	20	30	20
Cobb Salad with Blue Cheese Dressing	1 Each (293g)	380	31	40	8	40	0	210	70	750	33	8	3	4	14	6	2	4	16	20	15	15	10
Cobb Salad with Chicken and Blue Cheese Dressing	1 Each (367g)	490	36	46	9	45	0	255	85	1090	47	9	3	4	14	6	2	4	32	20	15	20	15
El Jefe Salad with Lime Vinaigrette	1 Each (460g)	480	32	41	6	30	0	10	3	630	27	41	15	3	11	13	8	16	11	0	15	15	20
Greek Santorini Salad with Greek Dressing	1 Each (361g)	400	34	44	6	30	0	10	3	1350	59	13	5	6	21	6	1	2	9	0	10	15	15
Harvest Salad with Organic Tarragon Vinaigrette	1 Each (293g)	600	43	55	7	35	0	10	3	720	31	48	17	7	25	35	5	10	12	0	20	20	15
Nature's Market Salad with Curry Yogurt Dressing	1 Each (453g)	750	58	74	8	40	0	10	3	1700	74	40	15	11	39	10	0	0	24	0	15	30	20

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Salads Without Dressings	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Asian Sesame Salad without Dressing	1 Each	320	19.5	25	3	15	0	0	0	210	10	32	12	7	25	4	0	0	10	0	15	30	13
Asian Sesame Salad with Chicken and Asian Peanut Dressing	1 Each	430	24.5	32	4	20	0	50	17	550	24	33	12	7	25	5	0	0	26	0	15	40	18
Bacon and Mushroom Caesar Salad without Dressing	1 Each	250	13	17	3	15	0	20	7	530	23	24	9	4	14	4	1	2	12	15	14	15	10
Bacon and Mushroom Chicken Caesar Salad without Dressing	1 Each	350	17	22	4	20	0	65	22	870	38	25	9	3	11	6	1	2	28	15	14	30	20
Cobb Salad without Dressing	1 Each	200	13	17	5.5	27	0	195	65	450	20	6	2	4	14	5	1	2	15	20	11	15	10
Cobb Salad with Chicken and Blue Cheese Dressing	1 Each	310	18	23	6.5	32	0	240	80	790	34	7	2	4	14	5	1	2	31	20	11	20	15
El Jefe Salad without Dressing	1 Each	310	16	20	4	20	0	10	3	480	20	31	11	3	11	5	0	0	11	0	15	15	20
Greek Santorini Salad without Dressing	1 Each	240	18	23	4	20	0	10	3	890	39	10	4	5	17	5	0	0	7	0	10	9	13
Harvest Salad without Dressing	1 Each	460	30	38	5.5	28	0	10	3	270	12	43	15	7	25	30	0	0	12	0	20	20	15
Nature's Market Salad without Dressing	1 Each	580	40	51	6.5	33	0	10	3	1410	61	37	14	11	38	9	0	0	23	0	15	28	18

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Greens	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	Household Measure		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Baby Arugula, Organic	3.3 oz	25	0.5	1	0	0	0	0	0	25	1	3	1	1	4	2	0	0	2	0	10	6	8
Baby Kale, Organic	4.1 oz	50	0.5	1	0	0	0	0	0	50	2	12	4	4	14	0	0	0	4	0	10	10	10
Baby Spinach, Organic	3.8 oz	25	0	0	0	0	0	0	0	85	4	4	1	2	7	0	0	0	3	0	8	15	15
Spring Mix, Organic	3.5 oz	25	0	0	0	0	0	0	0	85	4	4	1	1	4	1	0	0	1	0	6	10	4
Romaine	5 oz	25	0	0	0	0	0	0	0	10	0	5	2	3	11	2	0	0	2	0	4	6	8
Proteins	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	Household Measure		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Beef, Flank Steak, Marinated	1/3 Cup	110	7	9	2	10	0	25	8	30	1	0	0	0	0	0	0	0	10	0	0	6	0
Chicken, Grilled Lemon Garlic, Chicken Raised without Antibiotics	1/2 Cup	110	5	6	1	5	0	50	17	340	15	1	0	0	0	1	0	0	16	0	0	10	6
Shrimp, Herbed	1/4 Cup	40	2	3	0	0	0	40	13	120	5	0	0	0	0	0	0	0	5	0	2	0	2
Tofu, Herb-Baked	1/4 Cup	60	4.5	6	0.5	3	0	0	0	200	9	2	1	0	0	0	0	0	3	0	0	6	0

"-" Nutrient not required per USDA Regulation

Cheese	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	Household Measure		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Blue Cheese, Crumbled	2 Tbsp	60	5	6	3	15	0	10	3	170	7	1	0	0	0	0	0	0	4	0	8	0	0
Feta Cheese, Crumbled	2 Tbsp	45	3	4	2	10	0	10	3	150	7	1	0	0	0	0	0	0	3	0	6	0	0
Parmesan Cheese, Shredded	2 Tbsp	35	2.5	3	1.5	8	0	5	2	75	3	0	0	0	0	0	0	0	3	0	6	0	0
Parmigiano Reggiano Cheese, Grated	1 Tbsp	35	2.5	3	1.5	8	0	10	3	50	2	0	0	0	0	0	0	0	3	0	8	0	0

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Toppings	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	Household Measure		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Almonds, Soya Flavored	1 Tbsp	70	6	8	0	0	0	0	0	40	2	2	1	1	4	0	0	0	3	0	2	0	0
Avocado	1/2 Each	90	8	10	1	5	0	0	0	0	0	5	2	4	14	0	0	0	1	0	0	0	6
Bacon	2 Tbsp	40	3	4	1	5	0	10	3	150	7	0	0	0	0	1	1	2	3	15	0	0	0
Beets	1/2 Cup	45	0	0	0	0	0	0	0	45	2	11	4	3	11	9	0	0	2	0	4	6	6
Bell Peppers, Red or Green	1/4 Cup	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Broccoli	1/4 Cup	10	0	0	0	0	0	0	0	10	0	1	0	1	4	0	0	0	1	0	2	0	2
Carrots, Matchstick	1/4 Cup	10	0	0	0	0	0	0	0	15	1	2	1	1	4	1	0	0	0	0	0	0	2
Cashews	1 Tbsp	70	5	6	1	5	0	0	0	0	0	4	1	0	0	1	0	0	2	0	0	6	2
Cilantro	2 Tbsp	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Craisins, Organic	2 Tbsp	60	0	0	0	0	0	0	0	0	0	14	5	1	4	12	11	22	0	0	0	0	0
Croutons	1/2 Cup	140	6	8	0	0	0	0	0	310	13	18	7	0	0	2	0	0	3	0	0	6	0
Cucumbers, Diced	1/4 Cup	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2
Egg, Hardboiled	1 Each	70	5	6	1.5	8	0	170	57	55	2	0	0	0	0	1	0	0	6	6	2	6	2
Garbanzo Beans, Organic	1/4 Cup	35	0	0	0	0	0	0	0	30	1	7	3	1	4	0	0	0	2	0	2	6	2
Kalamata Olives, Pitted	1/4 Cup	150	15	19	2	10	0	0	0	730	32	3	1	2	7	1	0	0	1	0	0	0	2
Lime, Freshly Squeezed	1/4 Each	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Mukimame (Edamame)	1/4 Cup	45	2.5	3	0	0	0	0	0	0	0	4	1	2	7	1	0	0	4	0	2	6	4
Mushrooms	1/2 Cup	10	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	1	0	0	0	2
Red Cabbage, Shredded	1/4 Cup	5	0	0	0	0	0	0	0	0	0	1	0	1	4	1	0	0	0	0	0	0	0

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Red Onions	1 Tbsp	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Red Onions, Pickled	1/4 Cup	10	0	0	0	0	0	0	0	180	8	2	1	0	0	1	0	0	0	0	0	0	0
Roasted Corn & Organic Black Bean Mix	1/4 Cup	45	1	1	0	0	0	0	0	60	3	9	3	0	0	1	0	0	2	0	0	0	2
Scallions	1 Tbsp	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sesame Seeds, Roasted	1 Tbsp	50	4.5	6	0.5	3	0	0	0	0	0	2	1	1	4	0	0	0	2	0	8	6	0
Sunflower Seeds, Organic	1 Tbsp	50	4.5	6	0	0	0	0	0	0	0	2	1	1	4	0	0	0	2	0	0	0	2
Tomatoes, Grape	1/4 Cup	5	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Tortilla Chips	1/2 Cup	45	1	1	0	0	0	0	0	55	2	8	3	0	0	0	0	0	1	0	2	0	0
Wonton Strips	1/2 Cup	100	3.5	4	0	0	0	0	0	170	7	13	5	1	4	0	0	0	2	0	0	6	0

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